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■ **STRATEGIC PLANNING:** Workshop session suggests to new CAO 'I need to row the boat'

Pelham councillors, town staff preparing vision for future

WAYNE CAMPBELL
PelhamNEWS Staff

Town councillors and senior staff have found they've made progress — but have a long way to go.

Still, in a review of a 14-page 2011 strategic plan, during a special council meeting at Lookout Point Country Club on Wednesday, they could point to

successes.

The town, for example, completed its official plan after almost 10 years of work.

It built a recognition program for community volunteers through an annual awards program.

And it brought to fruition a community improvement plan to enhance downtown buildings.

Pelham resident Angela Carter, of Angela Carter Enterprises, facilitated Wednesday's workshop meeting, as she did for one from which the 2011 strategic plan evolved.

She will prepare a report for the Sept. 17 council meeting detailing progress made as well as steps ahead.

In an interview, Carter said this week's session went "very well."

"There was a lot of focus and (council and staff) stayed on track,"

see **STRATEGIC PLAN** | page 2



WAYNE CAMPBELL Staff Photo

Karen Williamson, left, and Angela Carter of Angela Carter Enterprises acted as facilitators at a Pelham town council strategic planning workshop on Wednesday. They helped town councillors and senior town staff review progress with the 2011 plan and prepare action plans for next steps.

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upfront

■ STRATEGIC PLAN

'Tremendous changes' next months and years

FROM PAGE 1

Council, she said, not only looked toward the end of its term, but also beyond by setting up for the next council.

"It shows they care about the future of the community."

Ward 3 Council, Peter Papp in a summary discussion said he felt very good about the atmosphere among councillors and staff.

"The whole temperament has changed, we are working toward a common goal." In the past year, the town changed its chief administrative officer, fire chief and director of community and infrastructure services.

In the future, Papp said, the municipality must further

engage the public.

Ward 2 Council, Gary Arcsall said council and staff are in a position "to become more proactive rather than reactive" as they work toward a long-term vision.

Darren Ottaway, Pelham's new CAO, said the strategic plan and workshop "gives me the clear direction I need to row the boat."

"The town will face "tremendous changes that will come fast and furious" as the east Fonthill development starts to roll out over the next few months and years, he said, of a territory that could accommodate as many as 5,000 people in new subdivisions stretching along Rice Rd.

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STRATEGIC PLAN IN BRIEF

Six strategic themes are

priorities for the coming years:

- An open, welcoming and inviting community
- A self-sustaining community
- Environmental responsibility

■ Balanced growth

■ An engaged and integrated community

■ A self-sustaining community

■ Environmental responsibility

WHAT'S AHEAD

- Regular progress report card to council
- Information package for new residents and businesses
- Computerize council chambers
- Energy audit of town facilities

- Encourage new businesses to complement existing ones
- Promote community events
- Set 20-year goals for infrastructure
- Maintain tree replacement: two for every one removed

■ PELHAM CARES...ABOUT BACK TO SCHOOL



Wayne Campbell, Staff Photo
Members of the Independent Riders Motorcycle Club with Hemi 69 donated backpacks filled with school supplies to Pelham Cares. The club and band raised money during a summer-long series of Wednesday motorcycle nights at All Stars Tap & Grillhouse in Fonthill. Money from 50-50 draws and donations also went to cancer research fundraisers. Front row left are Darlene Murdock, Beth Cotter of Pelham Cares, Larry (Bullet) Davidson, Elliott Robbins and Michael Lagrace. Band members in back from left are singer Tim Oliver, keyboardist Paul Devine, drummer Dennis Reimer and bassist Derek Carr.

Wayne Campbell, Staff Photo

Members of the Independent Riders Motorcycle Club with Hemi 69 donated backpacks filled with school supplies to Pelham Cares. The club and band raised money during a summer-long series of Wednesday motorcycle nights at All Stars Tap & Grillhouse in Fonthill. Money from 50-50 draws and donations also went to cancer research fundraisers. Front row left are Darlene Murdock, Beth Cotter of Pelham Cares, Larry (Bullet) Davidson, Elliott Robbins and Michael Lagrace. Band members in back from left are singer Tim Oliver, keyboardist Paul Devine, drummer Dennis Reimer and bassist Derek Carr.

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■ **PROJECT:** Mayor's Youth Advisory Committee event

Outdoor movie night draws crowd to Peace Park

WAYNE CAMPBELL
 PelhamNEWS Staff

The second Pelham Outdoor Movie Night drew about 400 parents, children and teens to Pelham Peace Park Wednesday.

It was far more than the first night held last August, said community services coordinator Katie Thorpe.

The Mayor's Youth Advisory Committee organized the event expanding it to a double feature evening with *The Lorax* and *The Hunger Games* as well as two local-made short films, *Double* by Daniel Parent and *Open Happiness* by Natasha Pantar.

The first year Outdoor Movie Night featured one movie.

The committee said it was definitely doing it again next year, said Thorpe.

The local films were

the winners from Niagara Nights of Art Young Filmmakers contest held during Summerfest in July.

Next year MYAC will repeat the contest and expects to see more entries.

"We've seen what it's like on the big screen," said Thorpe.

The Outdoor Movie Night was originally suggested during a day-long Youth Forum two years ago.

Mayor Dave Augustyn before the show praised Madeline Wallace who acted as committee chair to build the project.

Before the evening, a poll was conducted to select the feature movies from among six families and four teen movies.

About 200 voted in the online and paper-ballot poll, said Wallace.

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WAYNE CAMPBELL Staff Photo
 Members of the Pelham Mayor's Youth Advisory Committee prepare for Outdoor Movie Night at Pelham Peace Park. The night held Wednesday drew about 400 children and parents to watch a double feature with two local film shorts. Front is Pelham community services coordinator Katie Thorpe with committee members from left Alyssa Girotti, Ankit Sehgal, Jenna Plumro, Mike Moss, Emma Caldwell, Madeline Wallace and Brian Puffer.



WAYNE CAMPBELL Staff Photo
 An audience watches *The Lorax* during an outdoor movie night Wednesday at Fonthill's Peace Park.



■ JUNIOR FAST-PITCH CHAMPS

Supplied photo

Allied Marine came in first place in the regular season and were playoff champions in Ferwick Softball's Junior fast-pitch season which ended on Aug. 25. In photo are front row from left: Tessa Kievit, Thomas Dam, Kyla Kievit, Mackenna Belding, Natalie Anderson, DJ Petrovsky; and back row from left, Jacob Beeke, Aiden Belding, coach Aaron Belding, Taryn Petrovsky. Absent from photo: Ashley Batista, Tyler Glasbergen & Dederlie Vanderkerk. Thanks to their Coach Aaron Belding and assistants Wiebe Van der Kerk & C.J. Dam. Duilban Insurance came second in the season and second in the playoffs. Thanks to their coach Rick Thompson and assistant Barry Lawrence. Also special thanks to Junior sponsors and coaches: Gilbert's Flowers with their coach Dave Hillhouse and Niagara Pre-Hung Doors with their coaches Dana Reese, Chad Free and Todd Farion. Thanks so much to all our sponsors and coaches.

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perspective



Wayne Campbell
EDITOR

Tapping into home talent

A line sitting in the town's strategic plan opens up possibilities for citizen participation unique to the town.

Under the topic "An engaged and integrated community" in a section called "Welcoming new ideas within the community" there is a bulleted line: Better utilize community expertise in volunteer opportunities.

When you absorb the formal spin, you release it suggests asking experienced people living in town for their two cents on a proposed project.

Pelham has a lot of "community expertise."

As a well-off community loaded with both working and retired executives, you could run an international corporation from a local coffee shop.

Engineers of every stripe are scattered throughout Fonthill, Fenwick, Ridgville and North Pelham.

Entertainers record music, artists run studios and writers are tucked away in garrets.

Computer whizzes range the world from their bedrooms.

Children and amateur gardeners, horticulturists, farmers and foresters mix with naturalists and birdwatchers.

We have walkers, hikers, cyclists and fitness instructors as well as amateur and professional athletes and coaches.

There are doctors, nurses, police officers, firefighters, teachers, professors and researchers.

You get the picture. Pelham is loaded with talent and expertise in both its working and retired populations.

What town council is searching for in its strategic plan is a way to use this on a volunteer basis.

Advisors could assist town councillors and town staff when they are contemplating a project or dealing with a problem.

I'm sure a lot of this goes on informally. What the strategy suggests is creation of a reference list.

It would have to be done cautiously to avoid misunderstandings. The expert would just make observations, point out pitfalls and mention shortcuts.

It would remain the responsibility of councillors and staff to find the resources and do the work.

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comment

Niagara-only wards good for region: MPs

WAYNE CAMPBELL
PelhamNEWS Staff

WELLAND — Niagara's four MPs are taking proposed riding boundaries changes in stride.

The Federal Electoral Boundaries Commission for Ontario has redrawn boundaries of three local ridings. The recommendations were made public Monday.

Dean Allison said he likes his riding's change. The Niagara West-Glanbrook Twp MP also called it an improvement for Niagara.

"I always felt Niagara warranted four full seats," he said Tuesday. "Right now it has three and three-quarters."

For his riding, the commission would change the name to Niagara West, drop a Hamilton section, and add Thorold and southern St. Catharines — the latter two now part of Welland riding.

"For the people of Hamilton who found themselves in a Niagara riding, there was always a disconnect," Allison said.

Allison said he is familiar with the area around Brock University but, if he is nominated to run in the new riding, he would have to get to know Thorold.

"It's a natural extension from Pelham," he said.

Niagara West, would include Pelham, West Lincoln, Lincoln and Grimsby, now in Allison's riding.

Welland MP Malcolm Allen said he has just started looking at the change for his riding, which in addition to losing northern territory would add Fort Erie to Welland, Port Colborne and Wainfleet. He wants to hear what people in both areas have to say.

"This is just the start of a process," the New Democrat MP of the proposal stage.

The commission will hold a hearing at Niagara Falls city hall on Monday, Oct. 29, at 1 p.m. The commission, which is also receiving written comments, makes its final report next year.

The New Democrat Allen, like Allison, said four ridings entirely within Niagara will give the region a stronger voice in Ottawa.

"We had five (in the 1990s) but that changed with the last census. This happens every 10 years," he said.

"It's a matter of communities of interest as well as population," Allen said about the commission of ridings.

St. Catharines MP Rick Dykstra is delighted with the boundary commission's recommendations.

"I must be the only MP in the country whose riding hasn't changed. Even the boundary folks know when to leave perfection alone," he quipped.

Under changes elsewhere, Niagara Falls MP Rob Nicholson would see his riding lose Fort Erie, but while keeping Niagara Falls and Niagara-on-the-Lake.

"While I would be disappointed if Fort Erie was no longer part of the Niagara Falls riding, the commission's work is ongoing," he said.

"I encourage everyone to take the opportunity to voice their opinions on boundary changes during public hearings held by the independent commissions."

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■ The Glanbrook section of Niagara West-Glanbrook would shuffle in with other Hamilton electoral districts to give that city an extra riding.

■ Ontario would gain 15 electoral districts as a result of the increase in its population to 12.9 million in the 2011 census, up from 11.4 million in 2001. It now has 106 seats in the 308-seat House of Commons. The increase would bump it to 121 in a future house of 338.

■ The proposed new districts in the province include two each in Brampton, Durham, Markham and Toronto. Singles would be added in Cambridge, Hamilton, Mississauga, Oakville, Simcoe and York.

■ Electoral districts are assessed every 10 years following each major national census.

■ LABOUR: Possible strike averted

College, faculty union sign tentative agreement

VICTORIA GRAY
PelhamNEWS Staff

Niagara College looks to have averted another strike.

Ontario's 24 colleges announced last week they have reached a tentative agreement with faculty — but it doesn't quite give faculty what they wanted.

Sherri Rosen, president of OPSIU local 242, Niagara College's union local, said she is happy an agreement has been reached, but it leaves much to be desired.

"We wanted three things: more academic freedom, recognition of the time it takes to put together online courses and more security for part-time local staff," she said.

The two sides agreed on a two-year deal from September 1, 2012, to August 31, 2014, that states faculty salaries will be frozen, but eligible faculty can still move through their pay grid, and part-time staff will be the first considered for full-time positions and faculty benefits will remain untouched.

"So we did get some recognition for part-time local staff, but that's all," she said.

We are very happy an agreement was put in place before school year. It allows us to get the year started normally and I think we're all happy about this."

Gord Hunchak

She said faculty did want more money, but it wasn't a priority. The priorities were improving faculty's ability to work and teaching.

"Our working conditions are learning conditions for students. We are fighting to preserve class hours and giving teachers who have the credentials the ability to make academic decisions, and when we talk about proper time we mean to develop and teach courses online and all things benefit students as well," Rosen said.

Gord Hunchak, Niagara College's acting vice-president of student and external relations, said he, too, is glad a agreement was reached.

"We are very happy an agreement was put in place before school year. It allows us

to get the year started normally and I think we're all happy about this," he said.

He understands faculty didn't get everything they wanted, but he said due to the economy right now the agreement is a fair one.

"We think it's a fair deal and with the current financial constraints in province and we're looking forward to great start to the year," Hunchak said.

Sonia Del Missier, chair of the colleges' bargaining team, had this to say.

"This is great news for our students, faculty and the colleges, as it secures a new contract for two years and removes the threat of a strike."

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■ CONSERVATION: Doug and Sharon Leavens

Pelham couple receives stewardship award

For PelhamNEWS

GEORGETOWN — Pelham residents Douglas and Sharon Leavens have been honoured with a Niagara Escarpment Achievement Award for the outstanding environmental stewardship of their property.

At the Aug. 16 award presentation, Niagara Escarpment Commission (NEC) Chair Don Scott acknowledged the couple for their contribution to the Niagara Escarpment Biosphere Reserve, highlighting the work they have undertaken to maintain and enhance the Escarpment's natural landscape.

Several tributaries of the Twelve Mile Creek, considered by Ontario's Ministry of Natural Resources to be critical fish habitat, cross the couple's property.

The landowners worked closely with Ducks Unlimited to establish a pond wetland area, planting wetland plants around their pond to enhance habitat health. Additional planting was also undertaken,

in partnership with the Niagara Peninsula Conservation Authority, to establish a corridor to connect the property's existing wooded areas.

"The Niagara Escarpment Plan aims to maintain and enhance the quality and character of natural streams and water supplies, and the open landscape character of the Niagara Escarpment," said NEC Chair Don Scott.

"The Leavens have taken great care to preserve and enhance the natural features of their Niagara Escarpment property, and the NEC is pleased to acknowledge their efforts with this award."

The Niagara Escarpment Commission's Achievement Awards recognize individuals and groups for outstanding accomplishments, including exceptional building design and site landscaping, environmental restorations, and lifetime achievement for outstanding contributions to the conservation and stewardship values embodied in the Niagara Escarpment Plan.



Supplied photo

Pelham residents Douglas and Sharon Leavens are honoured with a Niagara Escarpment Achievement Award for the outstanding environmental stewardship of their property. From left, Brian Batty, Niagara Escarpment Commissioner for Niagara Region, award recipients Doug and Sharon Leavens, and NEC chair Don Scott.

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■ RIBBON CUTTING?

Raymond Haymes, left, co-owner of Fonthill's Churchill Natural Meats, is pictured holding a string of freshly made wild mushroom sausages with co-owner Mark Wikston and, in centre, Pelham Mayor Dave Augustyn to cut and officially open the butcher shop. The shop only sells local, hormone-free products, makes sausages on site and smokes its own lunch meat.



VICTORIA GRAY Staff Photo

■ pelhambriefs

DEAL FOR AIRPORT

NIAGARA-ON-THE-LAKE — Agreements have been reached between the Niagara District Airport commission and Allied Services of Canada. Allied Aviation will provide fuel storage and supply and "into plane and de-icing service" at Niagara District Airport. Allied will also provide traditional operation services such as aircraft storage, passenger and pilot lounges, flight planning and passenger support.

The airport handles about 40,000 aircraft movements a year, and Allied anticipates the growing popularity of the region will mean more flight activity at the airport.

The initial contract term is for five years, with options to extend the term for a total of 15 more years.

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Back to School, Time to Revisit the Basics of Investing



Larry J. Gallant
FINANCIAL VIEW
ADVERTORIAL

The summer of 2012 will most likely be remembered as one of the hottest on record. Hopefully you didn't suffer too much with the rising temperatures and dry weather while nursing the occasional sunburn. Perhaps you thought ahead and protected yourself with a good sun block to avoid the sudden shock of a nasty burn.

Investing in the market is really no different. It's been about five years since the world markets started showing signs of stress and although we are seeing good signs of recovery here in North America, European and Asian markets have been uncertain and continue to sputter. As a result, some people are reluctant to move their money back into the stock market, feeling that they've already been "burned" these past few years.

If you're one of those people who are feeling uneasy about your investment portfolio, whether it be in an investment account, Retirement Savings Plan, Tax Free Savings Account or other investment account, you should know that, just like a good sun block to protect you from a sunburn, there are ways to lessen your exposure to market downturns. Proper asset allocation will allow you to feel more comfortable and protect your investments from derailing your financial goals.

So what is the lesson to be learned? It's time to revisit the basics of investing. Unless you have incredible risk tolerance, the investments in your portfolio should be allocated to reflect your comfort level and investment time horizon. Eventually the money invested will have to be removed for your use. It is imperative that your money is available when needed and that it has grown sufficiently to justify the investment in

the first place.

"Often the problem with portfolios is that the assets are not properly allocated"

I know many investors have been less than enthusiastic about the performance of their investments this year. They contact me each week looking for a second opinion on their portfolios that someone else is managing. Often the problem with portfolios is that the assets are not properly allocated and the investments don't match the investor's risk tolerance.

At Queensbury Securities, I take the time to get to know you. We'll discuss your financial goals, quality of retirement and what you want your financial health to be, now and in the future. Investing in the market need not be scary or

unpleasant, but it does need to be done properly with the right Financial Advisor guiding you along the way.

To discuss this article or to arrange a free no obligation review of your portfolio and retirement plans, please contact me at 905-892-2100, larry.gallant@queensbury.com or visit my website at www.gallantfinancial.ca

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A Church partnership begins...

On September 9, 2012 two local churches will start holding Sunday worship services at different times to enable a closer worship and working relationship to develop.

Fonthill United Church, 42 Church Hill

will hold Sunday services at 9:30 am
- Rev. Dr. Garry van Bruchem, minister -
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Fenwick United Church, 1050 Church Street

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- Rev. Alan McLean, minister -

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■ **STUDY:** Customers in Niagara spend on average \$50 per visit at or around venues

Farmers' market isn't only about the food

JEFF BOLICHOWSKI
QMI Agency Niagara

ST. CATHARINES — The social perks are up there with the dollar signs when it comes to how farmers' markets fit into Niagara, a new research brief has found.

There's a tangible financial impact to the markets — customers in Niagara spend more than \$50 per visit at or around a

market, according to the report by the Niagara Community Observatory.

But beyond the economic perks and the lure of fresh food, there are social benefits, too, said researcher Doug Hagar. He studied 12 farmers markets across the region including Pelham's Thursday evening market.

He said about 60% of marketgoers bring someone else when they shop, lending farmers' markets a social role.

"I figured that we were going to see that farmers' markets were going to be struggling," Hagar said. "I was pleasantly surprised to see that the opposite is true."

He released his brief on the state of farmers' markets Thursday, at Market Square in St. Catharines.

The report found customers spend about \$32.06 each time they visit the market, plus \$18.44 more at nearby businesses. And 48% of customers come back weekly.

Among tourists in Niagara to visit a winery, 48% attended a farmers' market.

Hagar said market patrons also build bonds with each other, which has a positive impact on a community's social sphere. He said many older patrons come for the community spirit.



File photo

Pelham Farmers Market is seen in this this August 2011 file photo. The farmers market operates each Thursday evening in Fonthill from 4:30 p.m. to dusk.

\$32.06

The average amount customers spend per visit to a farmers' market.

\$18.44

The average spending per trip outside the market.

\$128.84

What repeat consumers spend at the market, on average, per month.

\$3.09 Billion

The total impact of farmers' markets in Canada, per Agriculture and Agri-Food Canada.

"They really enjoy talking with vendors. They enjoy talking with other people they know at the markets," he said.

That dovetails with Kate Job's experience. The 25-year-old, who sells local organic produce at the St. Catharines farmers' market, said many customers come by just to say hello.

She said that city's market is especially strong because it's open three days a week.

"A lot of markets are only on Saturday," she said. "It doesn't really integrate with the downtown community during the week."

The municipality's marketing and event co-ordinator, Jane Bechard, said St. Catharines is planning its own surveys to gauge the market's impact.

"I think the market is definitely a major draw for the downtown core," she said.

NIAGARA FARMERS MARKETS

- | | |
|-----------------------|--------------------|
| ■ Ridgeway | ■ Pelham |
| ■ Grimsby | ■ Port Colborne |
| ■ Beamsville | ■ Brock University |
| ■ Jordan Village | ■ St. Catharines |
| ■ Niagara Falls | ■ Welland |
| ■ Niagara-on-the-Lake | ■ Smithville |

■ **PUBLIC HEALTH:** Monitoring West Nile virus

Mosquitoes check in, but not out

VICTORIA GRAY
PelhamNEWS Staff

WELLAND — Niagara has 21 mosquito traps set up across the region that are monitored and checked once a week then tested for West Nile virus by people like Tara Johnston, a summer intern in Niagara Region's environmental health department.

The traps are set up in rural and suburban areas on private properties. The traps are about a metre long and are set up in trees. The top of the trap has dry ice in it, which attracts the bugs by way of carbon dioxide emissions.

Mosquitoes fly into the trap and a battery-powered fan blows into the trap so

mosquitoes cannot escape. Johnston must remove the mesh trap from the fan and tie it shut, then send the mesh unit to a lab for testing.

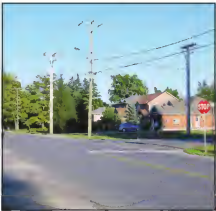
This year the number of infected mosquitoes have soared. As of last week eight of the traps in the region's 21 test sites contained West Nile virus-infected mosquitoes.

One person in St. Catharines has tested positive for the virus so far this year.

The region is asking residents to remove any standing water on their property, and wear long sleeves and bug repellent with DEET during outdoor activities.

victoria.gray@qumnews.ca

■ NEW FOUR-WAY STOP ON QUAKER RD.



WAYNE CAMPBELL Staff Photo

A new four-way stop is in effect on Quaker Rd. at Clare and Line Avenues. Town council passed the change earlier this summer at a request from residents in the area. The intersection is beside Country Corner Market and close to Ecole Nouvelle Horizon on Quaker Rd. Steve Bauer Trail crosses Quaker at the intersection.



VICTORIA GRAY Staff Photo

Tara Johnston, a summer intern in Niagara Region's environmental health department, describes how a mosquito trap works, while outside the public health office on Division St. in Welland.



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Supplied photo

Five generations of one family got together recently in Fonthill to meet one-month-old identical twin boys from Hamilton. Shown here seated are Teresa Coukerda, great-great-grandmother, holding Archer Murray Slote and Mary Teresa Imiolo, great-grandmother, holding Henry Daniel Slote. Standing are grandfather Daniel John Francis Imiolo and mother Tessa Marie Slote.

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The self-employed Wexford contractor was injured on the job in June and the tournament is meant to help his family financially as they move forward during this difficult time.

To register for the tournament or to make a donation to the cause, visit kiesadmission.com/hick.

STUDENTS TO BE SAFER

The City of Welland is investing in the safety of school children.

Last week city council approved spending about \$57,000 on 24 solar-powered flashing signs to warn motorists to watch for students crossing streets.

The flashing beacons, to be purchased from Trafico Canada Ltd., will be installed at various locations, including on Quaker Rd. between Montgomery and Kaywood Rds., on First Ave. between Cedar Park Dr. and Quaker Rd., on Thorold Rd. between Clare Ave. and Bridlewood Cres., on Lincoln St. between Wallace Ave. and Golden Blvd., on Southworth St. between Sauer Ave. and Ontario Rds., and on Fitch St. between Willson Rd. and Aquador Dr.

Funding for the purchase was included in Welland's 2012 budget.

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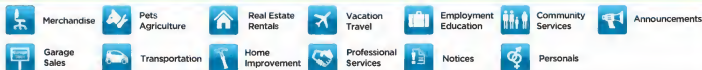
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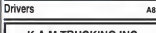
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■ SISTER ACT WRAPS UP BANDSHELL



Supplied photo

The Sister Act Band, sponsored by Zest, will wrap up the Fonthill Bandshell 2012 season on Thursday, Sept. 6. The Sister Act Band is one of Niagara's favourite classic rock bands. These two dynamic sisters perform cover music ranging from Classic Rock to Top-40 hits. They have musically performed together for over 10 years at a variety of venues such as Casinos, Niagara Parks, private and corporate functions, festivals, and opening for headline bands such as Bad Company. Band members are Tara Lister vocals, Melinda Fetz vocals, Tom Koncan drums, Dante Diconso bass, Terry Pracchia guitar, and Rob Kilian keyboards. Band performs from 7 p.m. to 9 p.m. at the Fonthill Bandshell in Pelham Peace Park.

AROUND TOWN

THURSDAY SEPT 6

FONTHILL BANDSHELL. Sister Act a classic rock and top 40 band from Niagara, sponsored by Zest Restaurant wraps up the Fonthill Bandshell season. In its seventh season, the Fonthill Bandshell Thursday evening concerts are in Pelham Peace Park, run from 7 p.m. to 9 p.m.

SUNDAY, SEPT. 9

WALK OF HOPE Niagara region's five kilometre Övarian Cancer's Walk for Hope at Harold Black Park, 953 Halst St., Fonthill. Registration 10 a.m., opening ceremonies 11 a.m., walk begins 11:30 a.m. Part of a national Walk of Hope.

MONDAY, SEPT. 10

ART CLASSES WITH BEVERLY SNEATH Adult Classes Acrylics Monday afternoons from 12:30 p.m. to 3:30 p.m. starting Sept. 10, and Watercolour 6 p.m. to 8:30 p.m. at the Studio 1341 Effingham St., Ridgville Watercolour Tuesday afternoons from 12:30 p.m. to 3:30 p.m. at Niagara Central Hobbes 395 St. Paul St., St. Catharines Call 905-892-0568 beversneath@yahoo.ca www.beverlysneath.com

TUESDAY, SEPT. 11

TUESDAY BINGO NIGHT St. Ann Fenwick, Tuesday Night Bingo 7 p.m., 834 Canboro Rd., Fenwick. Chance to win \$100. Wheelchair accessible. Info 905-892-6123. Runs every week, all welcome.

SATURDAY, SEPT. 22

PELHAM CORNERS SCHOOL REUNION At 1 p.m. to 4 p.m. Pelham Evangelical Friends Church, 940 Halst Street South. Donation for refreshments \$5. For information www.pelhamcornersreunion.webs.com

SATURDAY, OCT. 20

PELHAM HIGH REUNION The 7th Pelham (District) High School Reunion will be held on from 1 p.m. to 5 p.m. at Sparrow Lakes Golf Club, 105 Pelham Street, Welland. Registration is \$10, at the door. For more info e-mail pelhamhighreunion70@gmail.com or call 905-892-7090.

ONGOING

ST.ALEXANDER PASTA NIGHT First Thursday of every month at St. Alexander Church, Town Square, Fonthill. Admission: \$9 for adults, \$4 for children age four to 12 and children under three free. All you can eat red and



white sauce penne, meatballs, sausage, garlic bread, salads and more. Catered by Antipasto's.

FENWICK LIONS FISH FRY every second Friday at Fenwick's Centennial park from 4 p.m. to 7 p.m. Large two-piece dish of haddock and fries \$10, one piece \$8. For cole slaw add \$1. This 15-Friday season runs from April to October fish fry dates are: Sept. 7, Sept. 21, Oct. 5 and Oct. 19.

PELHAM FARMERS MARKET

runs each Thursday evening market from 4:30 p.m. to dusk in the parking lot of the Pelham Municipal Building in Fonthill. The weekly sale of local produce, flowers and agricultural products continues weekly until Oct. 25.

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FONTHILL LEGION LUNCH each Friday from 11:30 a.m. to 1 p.m. at Royal Canadian Legion Branch 613 hall on Regional Rd. 20 east of downtown Fonthill. \$9 with takeout available. Main dish plus dessert, tea and coffee.

ALZHEIMER SOCIETY of Niagara Region Support Groups for Caregivers meets the first Tuesday of each month, 1:30 p.m. to 3 p.m. at Rappele Lodge, 277 Plymouth Rd., Welland. For info call 905-67-3934.

Around Town is a coming events section for non-profit groups in Pelham. Please make submissions by e-mail to wayne.campbell@sunmedia.ca or by fax to 905-732-3660.

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"It works! I'll take another two bottles please!"

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of The Healthy Cupboard couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. "I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again" said Ian. Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there." Ian goes on, "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided." By now you are probably wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life

back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."

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